



1<sup>st</sup> event  
Swim .5 miles



2<sup>nd</sup> event  
Bike 20 miles



3<sup>rd</sup> event  
Run 4 miles

## Coming in March **My First Triathlon**

**Buckner Physical Fitness Center (BPFC)** is behind you and will help you accomplish your first Indoor Triathlon.

Pick up a **Training program at the front desk**

Complete a **self directed** indoor triathlon **the month of March 2007.**

All 3 sports events must be accomplished in 1 day.

1. Lap Swim - .5 miles= 18 laps; *up and back is 1 lap*
2. Bike (stationary cycle) – 20 miles
3. Run (treadmill) – 4 miles

For more info contact Judy @ 384-1305 or

Email: [judy.larue@richardson.army.mil](mailto:judy.larue@richardson.army.mil)

Sign-in sheet for My First Triathlon at the front desk Feb 26.

Prizes awarded to all who complete the Triathlon